

## Tri County Office on Aging – Nutrition Menu May 2010

Luncheons are served at 12 p.m. and the cost is a \$2.50 suggested donation for ages 60 and over and a \$5.50 charge for ages 59 and under. The luncheon and the programs are held in the Activity Room in the Delta Enrichment Center, located on 4538 Elizabeth Road, Lansing 48917. Pick up your monthly activities calendar at the Delta-Waverly Activities Office or online at [www.deltami.gov/parks](http://www.deltami.gov/parks).

**For reservations, please call (517) 484-5600 by 12 noon the day before the luncheon**

<b>Monday, May 3</b> <b>Macaroni, Beef &amp; Tomatoes</b> <b>Carrot Coins</b> <b>Green Beans</b> <b>French Bread</b> <b>Banana</b>	<b>Wednesday, May 5</b> <b>Meatloaf</b> <b>Baked Potato Half</b> <b>8-Way Mixed Veg</b> <b>Dinner Roll</b> <b>Fruited Fluff</b>	<b>Friday, May 7</b> <b>Roast Pork Au Jus</b> <b>Sliced Beets</b> <b>Succotash</b> <b>Rice</b> <b>Strawberry Pears</b>
<b>Monday, May 10</b> <b>Swiss Steak with Mushroom Sauce</b> <b>Sour Cream &amp; Chive Potatoes</b> <b>8-Way Mixed Veg</b> <b>Apple Cinnamon Muffin</b> <b>Orange</b>	<b>Wednesday, May 12</b> <b>Chili Con Carne</b> <b>Corn</b> <b>Tossed Salad</b> <b>Cornbread Muffin</b> <b>Fruited Fluff</b>	<b>Friday, May 14</b> <b>Deluxe Ham Sub Sandwich on a Bun</b> <b>Frijole Salad</b> <b>Baby Carrots</b> <b>Seasonal Fruit</b>
<b>Monday, May 17</b> <b>Florentine Stuffed Shells</b> <b>Stewed Tomatoes</b> <b>Prince Edward Veg</b> <b>Apple</b>	<b>Wednesday, May 19</b> <b>Hungarian Goulash over Egg Noodles</b> <b>Green Beans</b> <b>Rissole Cauliflower</b> <b>Fruited Fluff</b>	<b>Friday, May 21</b> <b>Chicken Tetrazzini</b> <b>Italian Veg Blend</b> <b>Diced Beets</b> <b>French Bread</b> <b>Seasonal Fruit</b>
<b>Monday, May 24</b> <b>Beef and Vegetable Stew</b> <b>Succotash</b> <b>Biscuit</b> <b>Tropical Fruit</b>	<b>Wednesday, May 26</b> <b>Crumbled Pollock</b> <b>4-Way Mixed Veg</b> <b>Tossed Salad</b> <b>Rice</b> <b>Fruited Gelatin</b>	<b>Friday, May 28</b> <b>Chicken and Vegetable Stir Fry Over Rice</b> <b>Crunchy Pea Salad</b> <b>Mandarin Oranges</b>
<b>Monday, May 31</b> <div style="text-align: center;">   <b>Memorial Day</b> </div>		

**\*\* ( ) Denotes Carbohydrates. An 8 oz. carton of 2% or fat free milk is served with each hot meal. Additional coffee \$.25.**

